Nama	Data	
Name	Date	

## Self-Knowledge

Hobbies and Interests	
One of my hobbies or interests is	
■ The kinds of activities I perform in this hobby or interest include	
■ Careers this hobby or interest might develop into include	
Abilities	
Something that I can do really well is	
■ I learned this ability by	
■ Three careers that make use of this ability are	
Family and Friends	
A person who has a great influence on me is	
■ The kind of individual this person wants me to be is	
■ The kind of individual I want to be is	
A career that would allow me to be the individual I want to be is	
Beliefs	
One of the beliefs that I value is	
Because of this belief I would never choose the career of	
■ The career of	
Aptitude	
A school subject that I am good at is	
■ Three careers that need this are	
Personal Experiences	
An experience I have had that has influenced me positively is	
An experience I have had that has influenced me negatively is	
Because of these experiences, I might consider a career as	
Because of these experiences, I know I would not want a career as	
Financial Situation (check one)	
☐ I will have sufficient money to further my education	
☐ I will need to support myself while furthering my education	

Source: Developmental Guidance Classroom Activities for Use with National Career Development Guidelines, Grades 10–12 (activity 36), by J. A. Rogala, R. Lambert, and K. Verhage, 1992, Madison, WI: Center on Education and Work. Copyright 1992 by Center on Education and Work. Adapted with permission.

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## Self-Assessment

Abilities
★ My current best abilities are
★ My weakest abilities are
★ The easiest things for me to learn are
Interests
★ The areas I am most interested in are
★ The areas I am least interested in are
★ The vocational interest I want to pursue now is
Values
★ The things I value the most are
★ The things I value the least are
★ My values suit me well for these jobs (types of jobs)
My values suit the well for these jobs (types or jobs)
Attitudes
★ I basically feel about myself. This should affect my work in the following way(s):
★   feel best about
★ I feel worst about
★ My feelings toward other people are
★ This should affect my work in the following way(s):
★ My feelings about having a job are
★ My feelings about supervisors are
Expectations
$\bigstar$ I tend to see $\square$ myself $\square$ other things as being in control of what happens to me.
The good thing about this is
but the bad thing is
★ My current job goal seems realistic because

Name	Date
Appearance	
★ I want a job where I dress	
★ My appearance causes other people to see me as	
★ To improve the way I look, I need to	
Health	
★ The health problems(s) I have is (are)	
★ These will affect my work	
★ Before going to work I need to do	about my health
★ The things about my job that might negatively affect my health are	
Mobility	
★ The way I plan to get to job interviews and to work is	
★ My backup plan is	
★ Getting someplace consistently and on time is	
★ When I get a job, I will need help in	
Interpersonal Skills  ★ I have friends and find that I make friends  ★ The major problem I have getting along with other people on the job is	
$\bigstar$ On the job, I like to work $\square$ alone $\square$ with others $\square$ with people like me	
★   □ do □ do not like being responsible for other people because	
★ I like interacting with people best when	